

# December 1, 2024

**Vegetarian only**

## Lunch Menu

- Served in Bentos lunch boxes only
- Includes 4 food groups- Veggies/fruits, Dairy, Carbohydrates, Protein everyday.
- Kindly return washed, dried Bentos boxes to school everyday.
- Permanent labels on boxes are requested.
- Milk may be served 30 mins after lunch or just before naptime.
- Meals are mostly organic, fresh and cooked onsite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Spinach Lentil Idli Rice milk	3 Veg Pulao(may have cashews) Yoghurt	4 Puri and potato curry Yoghurt Rice	5 Bread pizza Lentils and rice Milk	6 Quinoa Khichdi, Tomatoes Yoghurt	7
8	9 Idli Sambhar Rice Yoghurt	10 Vermicelli noodles with peas and carrot Yoghurt	11 Paneer Lababdar, fresh roti(Indian bread) Rice	12 Pasta with broccoli, in pesto sauce Milk	13 Brown rice Khichdi with cabbage and carrot, milk	14
15	16 Lemon rice, Curd rice Carrot and apple salad	17 Opo and lentil curry Rice,	18 Pizza Party – Christmas sing Program – Sunnyvale	19 Palak Paneer(Spinach and cheese) with naan, yoghurt- Christmas sing	20 Lentils rice, tomato cucumber salad yoghurt	21
22	23 Christmas Break	24 Christmas Break	25 Christmas Break	26 Christmas Break	27 Christmas Break	28
29	30 Christmas Break	31 Christmas Break	1 New Year Break	2 New Year Break	3 School Resumes	4